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CHANGING FOOD HABITS

"Both for the better and for the worse, the food habits of the people of this country have changed markedly in the past few generations," according to Dr. Louise Stanley, Chief of the Bureau of Home Economics, U. S. Department of Agriculture.

"From the nutritional standpoint," says Dr. Stanley, "one of the most encouraging trends over the past 50 years has been the sharp increase in the amount of milk, tomatoes, citrus fruits, and leafy green vegetables that we eat.

"Certain other unwise food choices offset the benefits that we get from the increased use of these protective foods. Consequently, diets as they stand today in the United States are often short in calcium, and in vitamins A, B₁, and C."

The important part the homemaker can play in improving family food habits and family diets was illustrated over and over again in a recent Nation-wide survey of what this country eats. In this study, conducted by the Bureau of Home Economics, well over one-third of the Nation's families were estimated to be living on diets below the "safety line" for good nutrition.

"A close-up of these diets," says Dr. Stanley, "showed that thousands of them could have been brought up well above the safety line at very little additional cost. In many cases, this could have been done simply by using more milk in its less expensive forms, and by including more of the cheaper

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leafy and green-colored vegetables. Likewise, economical choices can be made in practically all of the important food groups. It is up to the homemaker interested in her family's health to find out what these choices are. For only by keeping up to date on food values and nutrition--by good management and by good cooking--can she provide the very best diet the food budget allows."

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1875

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